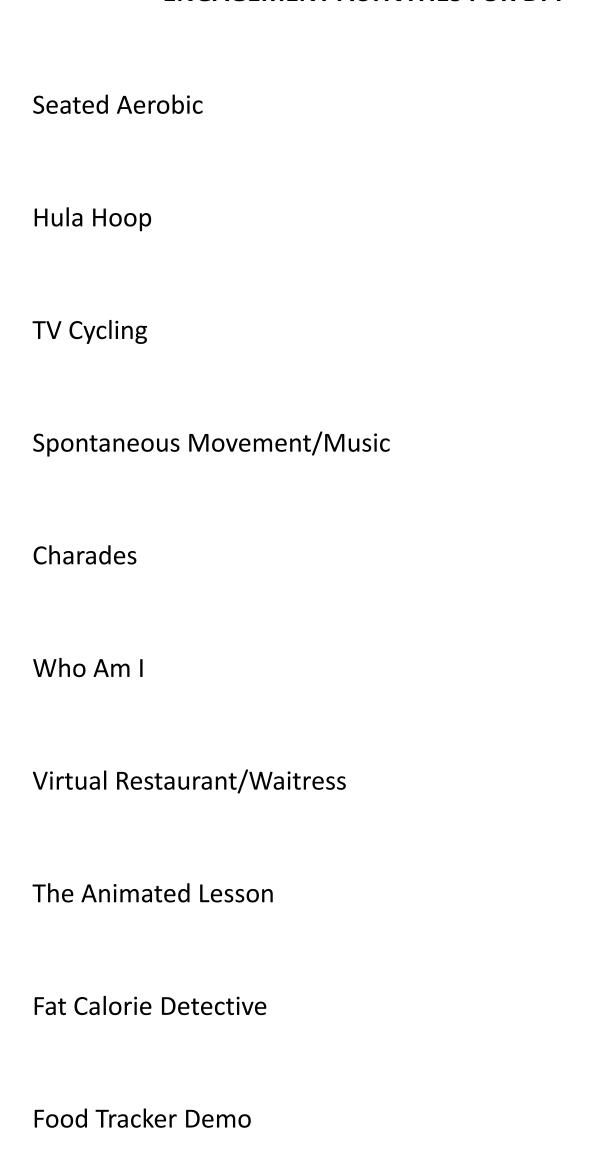
ENGAGEMENT ACTIVITIES FOR DPP



Printable Diary for Smileyj23

From:	2016-08-29		Show:	愛 Food Diary	change report	
	2016-08-29					

August 29, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Atkins - Strawberry Protein Shake, 11 oz		160	2g	9g	15g	15mg	200mg	1g	1g
Lunch									
Marie Callendars - Cheesy Chicken and Rice, 369 g		380	45g	12g	22g	55mg	900mg	4g	4g
Afternoon Snack									
Del Monte - Melon Trio, 8 oz		63	13g	0g	2g	0mg	0mg	13g	2g
Dinner									
Marie Callender's - Chicken Pot Pie, 283 g		610	57g	34g	17g	30mg	990mg	5g	5g
	TOTAL:	1,213	117g	55 g	56g	100mg	2,090mg	23 g	12g

8/29/2016

Chick fil A Meal Calculator - Nutrition &smp; Calorie Counter | Chick-fil-A

Meal Calculator

My Meal

Chick-fil-A® Chicken Sandwich
Chick-fil-A Waffle Potato Fries® (Medium)
Iced Tea - Sweet (Medium)

970 Calories 39_g Fat **7**_g Saturated Fat $\mathbf{0}_{g}$ Trans Fat **55**mg Cholesterol 1580_{mg} Sodium **121**_g Carbohydrates **6**g Fiber **37**_g Sugar 33_g Protein

Total